HIGHLIGHTS

February 2002 CYS / Project Together Newsletter Vol. XVII, No. II

For Your Information...

The Mentoring A Child special edition 34-cent stamp was released by the United States Postal Service

in mid-January and may be purchased at your local post office. An announcement made



by the U.S. Postal Service said, "With the issuance of the Mentoring a Child stamp, the Postal Service continues its tradition of raising public awareness of social issues. Lance Hidy's stamp design conveys the benefits of mentoring with his computer-generated artwork of the adult offering guidance to the child. The type on the stamp reads 'Mentoring A Child' at the top and 'Values-Goals-Skills' at the bottom." Show your support of mentoring by using the mentoring stamp to post your regular mail...

Mentors, TBS coaches and Juvenile Justice therapists interested in participating in the CYS-Project Together/ Orange County Therapeutic Arts Center (OCCTAC) Art Club with CYS clients may contact your Volunteer Coordinator for more information or call Central Office directly at (714)796-0100. This is a wonderful opportunity for CYS clients to explore the artslearn the guitar or piano, paint, perform on stage, sing in a choir, produce arts and crafts, learn puppetry or dance. You may obtain a one-time Art Club pass to try it out. If the child or teenager has an interest in pursuing an art interest, call us for an Art Club Membership card...

(continued on page 5)

Volunteers Are Special!

DeLucas Make Mentoring a Family Tradition of Service

By Adrienne Davalos Volunteer Coordinator Aspen Community Services/Santa Ana

Annette and Dave DeLuca are a unique and dynamic mother and son duo, who serve as CYS-Project Together mentors with county contract agency Aspen Community Services in Santa Ana.



Annette is an 81-year-old actress, who became a mentor after hearing about her son's experiences with the CYS-Project Together program. She saw that Dave was making a tremendous difference and also wanted to help a child in need. Annette first served as a mentor to an 11-year-old girl and now is mentoring a second child, an 8-year-old boy. Annette has kept herself busy since her cameo appearance as the wifely half of one of the couples in the movie, "When Harry Met Sally". She started her acting career at 50 and has appeared in every venue from soap



operas to Broadway. She also serves as an informal mentor to two grand-mothers raising their grandchildren and spends worthwhile hours as a hospice volunteer.

Dave has been a mentor for three years to a teenage boy who is now 17. He provides him with a positive male role model that was missing in the boy's life and the two have developed a comfortable relationship. Dave has had an opportunity to see this boy grow into a responsible adult. Since Dave's

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TÊT Festival Provides Exotic and Cultural Experience

Only in Southern California's Little Saigon, the largest Vietnamese community outside of Vietnam, can one immerse themselves in the Têt celebration, the Lunar New Year experience. Change is expected to ride in rapidly during 2002-2003, the Year of the Horse.

The annual Tet Festival in Little Saigon is slated for Friday, Feb. 15, to Sunday, Feb. 17, at Garden Grove Park, across from Bolsa Grande High School at Westminster Boulevard and Bushard. It is sponsored by the Union of Vietnamese Students Association (UVSA) and promises to be an exciting cultural experience with plenty of outreach to the surrounding community. The parade is slated for Saturday, Feb. 16. USVA uses the festival as a means to preserve the Vietnamese culture and traditions, as a way to share their culture with other Americans, as well as a means to raise funds for community service programs and projects.

UVSA members will welcome everyone of all ages and cultural backgrounds to join them for this year's Têt Festival to share their culture with them.

In the Vietnamese culture Têt, or the Lunar New Year, marks the beginning of spring. It is the single-most celebrated holiday of their year. Approximately 90,000 are expected to attend the celebration this year which features

traditional and modern entertainment, music, a fabulous array of foods, artisans, importers, local businesses and a carnival. You may find lucky plants that will bring you good fortune throughout the year, good fortunes written on paper, fire crackers, children receiving money in red envelopes, martial arts demonstrations, beauty pageants, talent contests, dragon dancing and drumming. It is also a time to honor ancestors and the dead. Therefore in Little Saigon, there is a strong presence of Vietnamese and American Vietnam war veterans who gather for this purpose. As with tradition, all homes are cleaned before New Year's Eve to sweep out bad luck. On New Year's Eve before midnight, incense is burned to chase away evil spirits. A string of fire crackers, often hung by the front door, are lighted at 12:59 a.m. to welcome the New Year. Incense is burned again after 1 a.m. to welcome the good spirits, the ancestors, and the good luck gods of heaven and earth. Traditional foods are BanhTrung, which is a square shaped cake made from long-grained rice and represents the ground; and Banh Day, which is an oblongshaped food of mashed sweet rice that represents God looking down on earth.

(continued on page 5)

Lingo California

It is a wonderful experience for children and teenagers to learn the meaning of words they see and hear often, especially in Orange County, where over 80 ethnic groups are represented. Learning meanings of other languages we see often creates social and environmental awareness and provides us with an opportunity to appreciate all cultures in our community.

American English, as opposed to English spoken in Australia or Great Britain, has incorporated words of many languages into its lexicon.

While French was considered the international language of diplomacy at one time, it is no longer. On the other hand, the more free-wheeling American English embraces new words, new phrases, new science, technology and new ideas to reflect the ever changing world. It absorbs the colorful offerings of words provided by other languages introduced into the country by immigrants. Examples of these types of

words can be found in "compute" from computer or "loco" for crazy. Soon we may expect words from another dominant Southern California language, Vietnamese, to become a part of the American English repertoire.

French, however, has had a huge impact on Southern California's most common Asian language, making it readable to the Western mind. It was a French missionary by the name of Alexandre de Rhodes who pioneered the codification of the Vietnamese written language in Roman script some 400 years ago. The Vietnamese people considered themselves culturally, ethnically and politically separated from the Chinese, who over and over again attempted to assimilate Vietnam into the empire. In order to separate themselves definitively, the Vietnamese rejected use of the Chinese character alphabet. The priest developed a Roman alphabet to phonetically reflect an Asian language. Therefore, Vietnamese is the only Asian language in the world written in a Western phonetic alphabet.

Learning Lingo California Words for February

Vietnamese

Têt—as in Têt Festival

Short for "Têt Nguyen Dan" or the feast of the first day (of the first month of lunar new year). This is the most important holiday in the Vietnamese culture and is described as combining Thanksgiving, Christmas and the New Year. In actuality the holiday celebrates the New Year or the birth of spring and the promise of the future, which they honor as gifts from heaven and earth. Pronounced "Teht" starting the word with a hard T.

Chúc Mùng Năm Mói—Happy New Year

Pronounced "Chook Munn nam mo uhh."

Projects Corner

Valentines Have More Meaning This Year

In the wake of world events, Valentines take on more meaning this year than in the past. Because everyone realizes how vulnerable they really are, people seem to want to make sure they convey their feelings to others. People are not waiting until tomorrow, but living in the moment. Each day has meaning and each person with whom you choose to spend your time is spe-

Patricia Taylor, Resource Center Coordinator for CYS-Project Together, has some suggestions for making quick, easy and attractive Valentines. You can make them as simple or as complicated as you would like.

Paper Dolls Are In

This is a great valentine for your friends.

> 8 1/2 x 11" piece of white paper Scissors Glue Water Colors Paint brush Felt-tip pen Ribbon

Hole puncher



This creates three connected paperdolls with a heart between each.

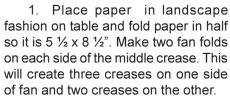
- 1. Place paper in landscape fashion on table and fold paper in half so it is 5 ½ x 8 ½".
- 2. Make 1 3/4" fan folds on each side of the middle crease.
- 3. Beginning on one side, cut head and top of arm, ending the cut at the edge of the paper.
- 4. Go down 3/4" on three-fold side and cut lower arm and skirt. Simply cut out a heart ending at the edge with the two folds. Go another half inch down the side and cut out the bottom of the skirt and the legs and shoes.
- 5. Use the two hearts that you cut out to make the arm and skirt and glue them on the arms at both ends of the 3-

doll chain.

- 6. Using water colors, paint the dolls any way you wish. Some suggestions: rainbow colors all over or paint detail into faces and dresses. Using the felt tip pen, write message on your valentine card.
- 7. Punch hole in middle doll's head and string ribbon through, make a large loop and tie a bow. This makes it easy to hang, so everyone can see

Water-Logged Hearts

8 1/2 x 11" piece of white paper Pink or purple food coloring 8-oz. glass of water Ink pen Old newspaper

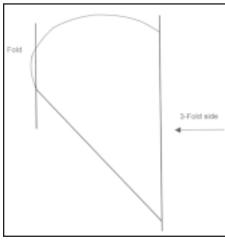


- 2. Trace one half of heart onto one panel with dark pencil with middle of heart on 2-fold side and outside of heart on 3-fold side.
- 3. Put several drops of food coloring in the glass of water. Do not stir. Place folded paper in glass for 5-10 minutes or until it is very pliable and rips easily.
- 4. Remove paper from glass and while it is still wet, tear away paper around heart. Be sure to not rip the 1" part of the heart that connects the hearts together, but to rip around it.
- 5. Unfold and you should have a multi-hued string of hearts. Place on newspaper and allow to dry. Write your message on the Valentine after it is dry.

Stained Glass Valentine

This project of the hearts creates a stained glass effect with the use of crayons and waxed paper.

Sounds impossible. Try it. It is not



Water-Logged Hearts and Stained Glass Hearts pattern

only fun, but the results can be astounding.

> Crayons Roll of waxed paper Silk thread Hand-held pencil sharpener Brown grocery bag Scissors

- 1. Tear off a sheet of 12" x 16" waxed paper and fold in half lengthwise.
- 2. Grate crayon or make crayon shavings by sharpening them with hand-held sharpener. Deposit them evenly on one half of folded paper.
- 3. Fold the other half of the paper across the shavings and seal 3 open sides with a 34" crease around each of the open edges.
- 4. Flatten paper bag and carefully slide waxed paper and shavings inside flattened bag. Heat iron to high medium and pass over several times until crayon shavings are melted. Allow to cool.
- 5. Using hearts below, trace and cut out hearts and string together or hang individually with silk thread.

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February 2002 Calendar of Events

The CYS-Project Together Calendar is a collection of affordable, fun, wholesome and interesting events that can be enjoyed by children, teens and adults. To submit an item for the calendar, please call (714)796-0100.

Saturday & Sunday Feb. 2 & 3 **Orange County Register Travel Show**

Orange County Fair & Exposition Center 88 Fair Dr.

Buildings #11 & #12 Costa Mesa

(714)708-FAIR

Take a trip to the fairgrounds and travel around the world.

Time: Saturday—9:30 a.m.-5 p.m.

Sunday—9:30 a.m.-2:30 p.m.

Cost: Adults \$6 \$5 Seniors Children under 12 Free

Saturdays, Feb. 9, 16 & 23 Sundays, Feb. 10, 17 & 24 Fridays, Feb. 15 & 22 **Broadway On Tour Children's Theater** The Wizard of Oz

Ebell Theater 625 French St. Santa Ana

(714)542-6939

This is the full 2-hour musical production of the enchanting "Oz". Come help Dorothy find her way to Emerald City and home again.

Time: 2:30 matinee

Saturday & Sunday

7:30 p.m.

Friday, Saturday & Sunday

Adults Cost: \$9 Seniors & Under 12 \$7

> Free Parking

Thursday, Feb. 14 **Valentine's Day Party**

All Santa Ana City Parks

Salgado Memorial Jerome Center Santa Anita Sandpoint Salvador

Children may participate in the activities and refreshments.

Time: 3:30-5:30 p.m.

Cost: Free

Saturday, Feb. 16 **Big Bear Field Trip**

Sign up at Jerome Center 647 S. Center St. Santa Ana (714)647-6559

Sign up begins Friday, Feb. 1 for this popular fieldtrip for children 7 to 12 years of age.

Time: 7:30 a.m.-6 p.m.

Cost:

Monday-Friday Now! Soccer Registration

Any Santa Ana Recreation Center (714)571-4254

Kids of all ages may sign up for the world's most popular sport. All participants will be assigned to a team and will receive a T-shirt at the end of the season.

Time: 2-6 p.m. Cost: \$10

Tuesday, Feb. 12 **Valentine Crafts**

Santa Ana Main Library 26 Civic Center Plaza

Santa Ana (714)647-5250

Children 5-14 years of age can make Valentine cards and Valentine crafts.

Time: 3:30 p.m. Cost: Free

Friday, Feb. 15 **George Washington Birthday** Celebration

Memorial Center 2102 S. Flower Santa Ana (714)571-4242

Children up to 12 years of age may join in the fun, refreshments and arts and

crafts. The activity helps the participants in this after school program learn about the holiday and why it is celebrated.

Time: 3:30 p.m. Cost: Free

Friday & Saturday Feb. 22 & 23

National Scrapbooking and Ancestry

Orange County Fair & Exposition Center

88 Fair Dr., Bldg. # 12 Costa Mesa

(714)708-FAIR

Some interesting personal and family histories can be found at this event as well as how to and resource information on genealogy, layout and expressing yourself in album form.

Time: Friday Noon-8 p.m. Saturday 10 a.m.-5 p.m.

Cost: Adults Seniors \$5 Under 12 Free

Saturdays in February **Story Time**

Santa Ana Library 26 Civic Center Plaza

Santa Ana (714)647-5250

For youngsters 12 and under, this story hour features wonderful books from new releases to old favorites.

Time: 10 a.m. Cost: Free

Saturdays **International Speedway** Racing

Grandstand Arena

Orange County Fair & Exposition Center 88 Fair Dr.

Costa Mesa (949)492-9933

Park in the main lot off of Fair Drive

This is an exciting Saturday night, especially for teenagers.

7:30 p.m. Time:

Cost: Adults \$10 Under 13-17 \$6 Children 6-12 \$3

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TÊT Festival

(continued from page 2)

The Vietnamese Têt Festival 2002 is three days and will welcome the Lunar Year of the Horse from Feb. 12, 2002-Jan. 31, 2003. The year is expected to be high spirited, wild, and full of adventure. In accordance with the impulsive fast moving horse, it is important for people to keep pace, take action and move ahead. It is a year for the brave and the bold.

A special thank you to Cary To of Cultural Competency and Lai Dorman of CYS-Project Together, who provided accurate information on Têt traditions in the Vietnamese community.

Little Known Fact

Fortune cookies are an American invention with the first automated fortune cookie factory in San Francisco.

Good Fortunes

Victory creates hatred, defeat creates suffering. Those who are wise strive for neither victory nor defeat, but a win-win situation.

Destiny is not a matter of chance, but a matter of choice.

For Your Information...

(continued from page 1)

Remember that February is the month of Lincoln's birthday, Washington's birthday, Henry Wadsworth Longfellow's birthday, Groundhog Day, and St. Valentine's Day. All of the above supported safe, warm and cozy environments, inspiring words and random acts of kindness...

A Message—CYS Children's Systems of Care

CYS-Children's Systems of Care has been established to enhance integration of services to children and families being served by Children & Youth Services. The intent of this team approach to care is to create a more holistic approach to care, to ensure children and families are receiving all services needed, and therefore optimize treatment outcome. The following information may be helpful to you in working with CYS clients and their families.

Dear Families and Friends.

I hope this letter finds all of you well. I have been employed by the Orange County Children and Youth Services (CYS) since September of 2000. It is my pleasure to serve as the Parent Partner in the CYS Children's System of Care. My role is to interact with families and mental health professionals in order to facilitate better understanding and outreach. This enhances care for our children and happier outcomes for families. All of us know kids do not come with operation manuals, and much of child care is instinct and experience. But certain children require extra input, ideas, support and caring intervention.

My own family needed a lot of help, even though I had been an elementary/ middle school teacher for over twenty years. In fact, we needed all the help, information and support we could possibly receive. Our child's mental illness was a "blessed tragedy"—bringing out the best and worst in our marriage, our family and us as individuals. Not only were her relationships with her Dad and me affected, but with her sister, cousins, aunts, uncles, grandparents, friends, etc. I call the onset of her illness a "blessed tragedy" because so many of us, our relatives and our friends are now better people, more knowledgeable, more sensitive and less judgmental for having her and her mental health issues touch our lives. I just wish she had not had to suffer for it.

My position with the Health Care Agency of Orange County is absolutely wonderful. I act as a liaison between families and agencies. I can answer questions and walk families through IEP's, explain agencies and what each one does, give accurate referrals and have access to inter-agency people. I act as a voice for parents in developing programs and services. I try to save parents frustrations, headaches and perhaps lots of calls. The Children's System of Care (CSOC) program is the result of SB1452, the Cathie Wright Children's Mental Services Act. It calls for "defined partnerships between the Children's System of Care program and family members..."

I frequently refer families to call NAMIOC (National Alliance for the Mentally III of Orange County) at (714)544-8488, located at 621 S. "B" St., Suite B, Tustin, CA 92780 to ask for family support information and support groups. I also co-facilitate two Parent Support Groups at CYS Regional Clinics:

First and Third Thursdays 6-7:30 p.m. (714)480-6600 East Region 1200 N. Main St., Suite 500 Santa Ana

Second and Fourth Thursdays 6-7:30 p.m. (714)577-5400 North Region 377 E. Chapman Rd., Suite 110 Placentia

We discuss all sorts of ideas and feelings about our families and share lots of pertinent information. Any parent may join us at either group. Child care is provided. And please call ahead to the clinic or to me at (714)480-4668. I would be pleased to help you in any ways possible. Just give a call.

Sincerely, Paula A. Fitzgerald (714)480-4668 1200 N. Main, Suite 620 Santa Ana

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FROM THE REGIONS

VOLUNTEER TRAINING

All of Our CYS-Project Together volunteers are welcome to attend any training. Please call your Volunteer Coordinator for more information.

East Tuesday Evenings

Call for an appointment

(714)480-6756

North Call for schedule

(714)577-5422

South/ Call for appointment

(714)850-8444 Costa Mesa

South/ As required Laguna Beach (949)499-5346

West Call to schedule

(714)896-7556

Aspen/ Call for times Santa Ana

(714)565-2830

Aspen/ (714))508-1919 Tustin

WELCOME NEW VOLUNTEERS

Sharon Hutchison South/

Costa Mesa

WELCOME NEW MENTORS

North Natasha Rodriguez

South/ Thuy Bui Costa Mesa Liza Camba

Leah Crain

West Laura Oldham

> Mike Squier Michelle Sweeney

Aspen/Tustin Brittany To

THANKS TO THOSE WHO'VE MOVED ON

Ramona Ahn **East**

North Lori Cieszko

Sarah Paton

West Christa Armstrong

> AC Campbell Julie Dredge **Brian Dorish**

Marnae Roelisburger

CYS-Project Together Sends A Valentine

CYS-Project Together sends a very special valentine to the many employees of local businesses, organizations and individuals who came forward to help families in need during the holidays. In the midst of trying times for our nation and an economic recession, you came forward to help families in need in Orange County through your donations to CYS-Project Together.

Cornwell Foods, Michael Khoo and an anonymous donor made it possible for 43 families served by Aspen Community Services to celebrate Christmas dinner this year. The boxes of food contained all of the ingredients for a complete dinner for six, including a ham. Aspen Community Services Santa Ana's angel tree program, which placed trees with the names of children and their ages in local business, made it possible for 215 children, who would have gone without, to receive gifts this year.

North Region mentor Larry Hershler and the Salvation Army donated 20 boxes of food and five boxes of toys. Ted Ciescko, the father of a former North Region mentor, donated basketballs and footballs for presents. Patrons of the Yorba Linda Library provided 50 gifts for North Region clients.

Hewitt & Associates adopted two CYS-Project Together families for the holidays providing food, gift certificates and gifts for adults and children, including two bicycles.

Chris Ko, President of the Key Club, and Tanya Egoolage, President of Interact at Los Alamitos High School, coordinated a school-wide effort that provided holiday gifts for 35 families. Gifts with an estimated total value of \$8000 filled a van and a truck. The gifts went to families identified by therapists in East and West Regions. Ford Motor Credit of Orange adopted two families at Yorba Clinic, providing food and gifts. The Stepping Out Program at Yorba Linda Friends Christian Church collected and donated seven huge bags of gifts specifically for adolescents and teenagers of West Region. St. Simon and Jude of Huntington Beach provided for two families by filling two trucks with gifts, food and even toiletries and gift certificates for a grandmother caring for children. In West Region, Statek Corp., whose employees give year round through their double coupon campaign, provided two large boxes of food and toys for families.

South Region/Costa Mesa families were recipients of the generosity of Pfizer Corporation's gift of \$1500. Pam Huo, President of PLH & Associates of Irvine donated \$1000. The funds were used to purchase contents of holiday food baskets and gift certificates for 61 regional families. Volt Delta Resources employees donated a holiday gift basket, toys and clothing for all members of one South Region family.

Happy Birthday

Sharon McMillion	2/1
Diana Abruscato	2/8
Michele Valle	2/8
Susan Huynh	2/12
Mary Wiley	2/12
Andriana Cota	2/13
Loretta Golleher	2/16
Donna Lindsey	2/20
Larry Herschler	2/25

Volunteers Are Special!

(continued from page 1)

involvement his grades and life have improved dramatically. He has enjoyed watching the boy grow into a young man. Dave maintains consistent communication with the therapist and finds the time to keep his commitments as a mentor. A busy and successful pianist, songwriter and motivational speaker, he is also a mentor who has committed himself to this child for life.

On occasion, you can see Dave accompany his mother, Annette, on outings with her mentee or helping her out as she re-establishes her acting career in Los Angeles. Both are very talented. Annette starred in "Good Fellows," and television soap operas such as "One Life to Live" and "The Guiding Light." Dave is well-known in the music industry as a staff writer for Motown Records where he wote "Blame It on Love" for Smokey Robinson and "Here We Go Again" for Johnny Mathis. Yet, if you ask either of them what has been the most rewarding experiences in their lives, they will tell you it has been serving as mentors and helping to make a difference in the lives of children.

Quotable Quote

"Love, love, love, love, love, love, love, love, love,

You can learn how to be you in time, it's easy.
All you need is love, all you need is love,
All you need is love, love is all you need...
There's...Nowhere you can be, that isn't

All you need is love..."

where you're meant to be, it's easy.

—John Lennon and Paul McCartney

There's More Than One Way to Hug a Child...

Those of us at Children & Youth Services (CYS) and CYS-Project Together deeply appreciate the wonderful support provided by many local businesses and organizations. Your generosity allows community resources to become an important asset in the therapeutic process. Each month, we extend our thanks and give recognition to our caring donors.

Albertsons

Costa Mesa

Gina Baldwin

Rancho Santa Margarita

Lisa Bauer

Santa Ana

Stacy Bishop

Mission Viejo

Paola Bisson

Laguna Beach

Iliana Bravo

Santa Ana

Tammy L. Calvert

Santa Ana

Ted Cieszko

Anaheim

Cornwell Foods

Irvine

Entertainment Publications

Costa Mesa

Ford Motor Credit

Orange

Frank Grimaldi

Laguna Beach

Larry Herschler

Anaheim

Hewitt Associates, LLC

Newport Beach

Mary Langlais

Lake Forest

Los Alamitos High School

Los Alamitos

Margo's Studio

Dana Point

Elisabeth Mariotti

Laguna Niguel

Andy Martinez Laguna Hills

Mighty Ducks of Anaheim

Anaheim

Mission Hospital Employees

Mission Viejo

Orange County Woodworkers Assn.

Orange County

Marsha Richardson

Laguna Niguel

PLH & Associates, Inc.

Irvine

Patrons of the Yorba

Linda Library Yorba Linda

Stacy Pazdur

Rancho Santa Margarita

Pfizer Corporation

Orange County

Ralphs

Irvine

St. Simon & Jude

Huntington Beach

Statek Corp.

Orange

Dee Tidwell

Mission Viejo

Codi Vath

San Juan Capistrano

Volt Delta Resources

Orange

Welch & Schaffner, Inc.

Santa Ana

Yorba Linda Friends Christian Church

Yorba Linda

The Back Page



Put Meaning into Your Valentines

Patricia Taylor, Resource Center Coordinator for CYS-Project Together, provides suggestions as to how mentors and clients may make their own Valentines. Doing the project together and making the Valentines by hand, provide meaning beyond a machine-printed card. See page 3 for Projects Corner instructions.

HIGHLIGHTS

February 2002

CYS / Project Together Newsletter

Vol. XVII, No. I

Published by:

County of Orange Health Care Agency/Behavioral Health Services

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South/Laguna	Lee Boon	(949)499-5346
West		(714)896-7570
Aspen/Santa Ana	Adrienne Davalos	(714)565-2830
Aspen/Tustin	Ken Cornwell	(714)508-1919

The Health Care Agency/Behavioral Health Services/Children and Youth Services provides mental health treatment for emotionally and behaviorally disturbed youth and their families throughout Orange County. CYS- Project Together is a volunteer mentor program for CYS children and teens. The program also offers supportive resources to clients and families to assist them in achieving treatment goals.



County of Orange Health Care Agency Behavioral Health Services/Children & Youth Services **CYS-Project Together** *Highlights* 405 W. 5th Street, Suite 436 Santa Ana, CA 92701

Address Correction Requested

